

THE EFFECT OF SWEET TRACK LOGBOOK EDUCATIONAL MEDIA ON KNOWLEDGE, ATTITUDES & SUGAR CONSUMPTION AMONG ADOLESCENT AT SENIOR HIGH SCHOOL

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ABSTRACT

Background : *Excessive sugar consumption among adolescents remains a health issue that can increase the risk of various noncommunicable diseases. One-way education is considered ineffective in raising awareness of eating behaviors. Therefore, an innovative approach is needed that actively involves adolescents in the process of controlling their eating behaviors. The Sweet Track Logbook was created to help monitor sugar consumption.*

Objective : *To determine the effect of the Sweet Track Logbook educational media on knowledge, attitudes, and sugar consumption as a self-evaluation tool among high school adolescents.*

Method : *This was a quasi-experimental study with a pre-posttest with control group design. The study was conducted from May to June 2026. The study population was all 10th and 11th grade students of SMA Negeri 1 Bantul (intervention group) and SMA Negeri 1 Sewon (control group), with a sample size of 36 students per group. Analysis using the Paired T-Test and Independent T-Test was performed if the data were normally distributed. Analysis using the Wilcoxon and Mann-Whitney tests was performed if the data were not normally distributed.*

Result : *The use of the sweet track logbook increased knowledge by 8.61 points ($p=0.016$), improved attitudes by 3.56 points ($p<0.001$), and decreased sugar consumption by 3.06 grams ($p=0.012$). Meanwhile, the control group receiving education using PowerPoint experienced an increase in knowledge of 3.17 points, a decrease in attitudes of 0.52 points, and an increase in sugar consumption of 3.04 grams.*

Conclusion : *The use of the sweet track logbook resulted in increased knowledge, the formation of more positive attitudes, and a decrease in sugar consumption among high school adolescents. The Sweet Track Logbook can be incorporated into school-based nutrition education programs, including the School Health Unit, the Healthy School Movement, and health education activities, to support adolescents in independently monitoring their sugar intake and promoting healthier dietary behaviors.*

Keywords : *adolescents, sweet track logbook, nutrition education, knowledge, attitudes, sugar consumption.*

PENGARUH MEDIA EDUKASI *SWEET TRACK LOGBOOK* TERHADAP PENGETAHUAN, SIKAP & KONSUMSI GULA PADA REMAJA DI SMA

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ABSTRAK

Latar Belakang : Konsumsi gula berlebih pada remaja masih menjadi masalah kesehatan yang dapat meningkatkan risiko berbagai penyakit tidak menular. Edukasi dengan metode satu arah dinilai kurang efektif meningkatkan kesadaran perilaku makan. Oleh karena itu diperlukan pendekatan inovatif yang melibatkan remaja secara aktif dalam proses pengendalian perilaku makan. *Sweet track logbook* dibuat untuk membantu memantau konsumsi gula.

Tujuan : Mengetahui pengaruh media edukasi *sweet track logbook* terhadap pengetahuan, sikap, serta konsumsi gula sebagai alat evaluasi diri pada remaja di SMA.

Metode Penelitian : Penelitian ini adalah penelitian eksperimen semu (*quasi experiment*) dengan desain *pre-post test with control group design*. Penelitian ini dilaksanakan pada Bulan Mei-Juni 2026. Populasi penelitian ini adalah seluruh siswa kelas X dan XI SMA Negeri 1 Bantul (kelompok intervensi) dan SMA Negeri 1 Sewon (kelompok kontrol) dengan jumlah sampel 36 siswa setiap kelompoknya. Analisis dengan uji *Paired T-Test* dan *Independent T-Test* dilakukan jika data terdistribusi normal, sedangkan jika data tidak terdistribusi normal dilakukan dengan uji *Wilcoxon* dan uji *Mann-Whitney*.

Hasil : Penggunaan *sweet track logbook* meningkatkan pengetahuan sebesar 8,61 poin ($p=0,016$), meningkatkan sikap sebesar 3,56 poin ($p<0,001$), dan menurunkan konsumsi gula sebesar 3,06 gram ($p=0,012$). Sementara itu, kelompok kontrol yang memperoleh edukasi menggunakan *powerpoint* mengalami peningkatan pengetahuan sebesar 3,17 poin, penurunan sikap sebesar 0,52 poin, dan peningkatan konsumsi gula sebesar 3,04 gram.

Kesimpulan : Penggunaan *sweet track logbook* berpengaruh terhadap peningkatan pengetahuan, pembentukan sikap yang lebih positif, dan penurunan konsumsi gula pada remaja SMA. *Sweet Track Logbook* dapat diintegrasikan ke dalam kegiatan edukasi gizi di sekolah, seperti UKS, Gerakan Sekolah Sehat (GSS), atau pembelajaran kesehatan, sehingga siswa dapat memantau konsumsi gula secara mandiri dan menerapkan perilaku makan yang lebih sehat.

Kata Kunci : remaja, *sweet track logbook*, edukasi gizi, pengetahuan, sikap, konsumsi gula.